



BBQ Pork Sandwiches

 Dairy Free

READY IN



487 min.

SERVINGS



8

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pound pork loin boneless
- ☐ 0.3 cup brown sugar divided packed
- ☐ 3 tablespoons apple cider vinegar
- ☐ 1 teaspoon ground mustard dry
- ☐ 3 tablespoons blackstrap molasses
- ☐ 1 cup onion chopped (1 large)
- ☐ 0.8 teaspoon pepper
- ☐ 0.3 teaspoon salt

- ☐ 1.5 tablespoons penzey's southwest seasoning
- ☐ 6 ounce canned tomatoes canned
- ☐ 2.3 ounce hamburger buns whole wheat
- ☐ 3 tablespoons worcestershire sauce

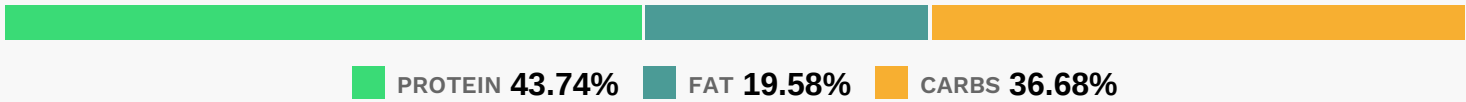
Equipment

- ☐ slotted spoon
- ☐ slow cooker

Directions

- ☐ Combine 3 tablespoons brown sugar, onion, and next 6 ingredients in a 3 1/2-quart electric slow cooker; stir well.
- ☐ Combine remaining tablespoon brown sugar, pepper, and salt; rub pork roast with sugar mixture.
- ☐ Cut pork roast into 4 large pieces; add to slow cooker, turning to coat with sauce. Cover with lid; cook on high-heat setting 1 hour.
- ☐ Reduce heat setting to low; cook 7 hours or until pork roast is tender.
- ☐ Remove pork roast from slow cooker, reserving sauce in cooker.
- ☐ Shred pork roast with 2 forks. Return shredded pork to slow cooker, and stir well to coat with sauce. Spoon 2/3 cup pork mixture on bottom half of each bun, using a slotted spoon. Cover with tops of buns.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:3.39, Inflammation Score:-4, Nutrition Score:17.68782624991%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 248.51kcal (12.43%), Fat: 5.38g (8.28%), Saturated Fat: 1.59g (9.97%), Carbohydrates: 22.7g (7.57%), Net Carbohydrates: 20.4g (7.42%), Sugar: 15.34g (17.05%), Cholesterol: 71.44mg (23.81%), Sodium: 282.24mg (12.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.07g (54.13%), Selenium: 36.28µg (51.83%), Vitamin B6: 1mg (50.15%), Vitamin B1: 0.58mg (38.61%), Vitamin B3: 7.42mg (37.09%), Phosphorus: 290.82mg (29.08%), Manganese: 0.46mg (22.77%), Potassium: 741.4mg (21.18%), Vitamin K: 19.08µg (18.17%), Iron: 3.06mg (17%), Magnesium: 67.86mg (16.96%), Vitamin B2: 0.28mg (16.31%), Zinc: 2.35mg (15.64%), Vitamin B5: 1.07mg (10.67%), Copper: 0.2mg (10.22%), Calcium: 99.19mg (9.92%), Vitamin B12: 0.58µg (9.65%), Fiber: 2.3g (9.21%), Vitamin E: 0.95mg (6.33%), Folate: 23µg (5.75%), Vitamin C: 4.35mg (5.27%), Vitamin D: 0.45µg (3.02%), Vitamin A: 99.41IU (1.99%)